



Orthotech Professional

Volume 4, Issue 2
June/July 2007

A publication of the National Association of Orthopaedic Technologists

TIP OF THE MONTH

Total Hip Arthroplasty: Case Presentation Using Metal on Metal Technology

by Sean Conkle, OTC

In July 2004, a 43 year old white male, insulin dependant Athletic Trainer, presented to the office with ongoing bilateral hip pain, left greater than right, with increasing intensity over the last six months. The patient had complaints of difficulties getting into positions to perform stretching excersices on athletes and also performing activities of daily living.

According to his physical exam, this patient has limited range of motion, 85 degrees of flexion full extension, 20 degrees of external rotation, 20 degrees of internal rotation and 35 degrees of abduction. X-rays that were performed at that time (Figure 1) showed advanced degenerative changes of bilateral hips, left greater than right, with flattening of the superior lateral aspect of the left femoral head with acetabular osteophyte formation.

At this time, the nature of the problem was described in detail to the patient and it was recommended that, due to the patient's age and high demand profession, he proceed with conservative treatment to include NSAIDS and physical therapy for increased range of



FIGURE 1

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motion, as well as repeat radiographs to monitor progression.

In June 2006, the patient returned to the office stating that the pain in his left hip has been getting progressively worse, and now causing pain with ambulation. Upon examination, the patient has maintained his range of motion, and strength. The x-rays that were obtained revealed increased flattening of the superior aspect of the femoral head, with no cystic lesions identified, or evidence of petrusio. At this time surgical intervention was once again discussed with the patient. He was educated on the availability of new technology in hip replacements that utilize a metal on metal acetabular implant allowing for decreased wear characteristics. It was also explained to the patient that there were no long term studies of the effects of increased metal ION concentrations in blood and the associated risks.

After reviewing all information and options, the patient still decided to continue with conservative treatment. Once again in November 2006, the patient

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reported to the office stating that the pain in his left hip has increased significantly over the last couple of months to the point where he is having problems performing his activities of daily living.

Once again, continual conservative treatment options, versus surgical intervention that were discussed with the patient, the patient decided to proceed with a Total Hip Arthroplasty with metal on metal. Possible risks and complications were discussed at length, to include the possibility of revision hip arthroplasty (Figure 2).



FIGURE 2

In mid-December, the patient underwent Total Hip Arthroplasty utilizing the Depuy Summit Stem with a pinnacle sector 2 cup. The leg lengths were maintained and the patient had no complications post-operatively. He spent three days inpatient and was discharged from the hospital to outpatient therapy.

On his post-operative visit, the patient had 80 degrees of flexion and 20 degrees of abduction. The patient reports he has no real "hip" pain, but minimal incision pain. The post-op films showed excellent alignment of prosthesis with good fixation (Figure 3).

In January 2007, the patient returned to the office stating that his pain level is 0 out of 10 and ambulated with normal gait. His range of motion is 90 degrees of flexion, 0 degrees of extension and with 35 degree of abduction, without any discomfort. The patient was released to modified duty at the workplace with restrictions of no kneeling, bending, or squatting.



FIGURE 3

In late February, the patient returned to the office stating that he has no pain and has resumed regular activities of daily living. He states that for the first time in 4 years he is able to do everything he wants with no discomfort. He has 110 degrees of flexion with 45 degrees of external rotation, 20 degrees of internal rotation, with 45 degrees of abduction, without discomfort.

Since undergoing Total Hip Arthroplasty patient has returned to the sidelines able to examine his athletes without discomfort, and states the he wishes he had undergone the procedure sooner so that he would not have gone through the pain he did over the past four years. ■

ABOUT THE AUTHOR

Sean Conkle, OTC

Sean has been an Orthopaedic Technologist with Co-ordinated Health in Bethlehem, PA since 1996. He is responsible for: coordinating schedules for orthopaedic surgeons, assisting during orthopaedic procedures, training of clinical staff, evaluation of new orthopaedic products, and casting, splinting, bracing, and patient histories/evaluations.

He received his certification from the National Board for Certification of Orthopaedic Technologists (NB-COT) in 1996. He currently serves as the Vice President of the National Association of Orthopaedic Technologists.

**CALL FOR PAPERS
FOR THE FALL 2007 JOURNAL**



The Fall 2007 issue of The Journal of the National Association of Orthopaedic Technologists is currently accepting papers, articles, and case studies for publication. All articles/papers that are submitted are eligible for the 2008 Medical Paper of the Year. The following awards will be presented to the authors of the articles/papers selected by the Editorial Review Board:

First Place: All expense paid (up to \$2,000) for one author to attend the NAOT's 26th Annual Clinical Symposium in Minneapolis, MN to present their paper at the symposium plus a \$500 cash award. In addition, a Paper of the Year Award plaque will be presented to this author acknowledging their award.

Second Place: \$300 cash award

Third Place: \$100 cash award

Materials submitted should be original and not simultaneously submitted to any other journal. All articles submitted will undergo a blind review by the NAOT Editorial Review Board. Articles submitted should focus on topics related to orthopaedic technology. Originality, appropriateness, timeliness, accuracy and grammar will be considered in the review process.

The deadline for entries is August 15, 2007. Only papers submitted prior to the deadline, and published in the journal are eligible. Entries received after the deadline will be held and considered for possible inclusion in subsequent journals. While we accept article submissions from anyone in the orthopaedic community for the journal, only NAOT members are eligible for the Call for Papers contest.

QUESTIONS FOR CEU CREDIT: JUNE/JULY 2007

**Total Hip Arthroplasty: Case Presentation
Using Metal on Metal Technology**

Please answer the questions in the space provided below and return to NAOT via mail, fax or email (see information below) to receive 1 CEU (Category 2).

1. The patient's initial x-ray revealed advanced degenerative changes of what?
2. What was the first treatment options that were tried with this patient?
3. Which figure shows excellent alignment of prosthesis with good fixation?
4. How long did it take for the patient to return to his normal daily routine with NO discomfort after the total hip arthroplasty?

Name _____

Email address _____

NAOT Member No. _____

OTC Number _____

Return to NAOT
via fax at (317) 205-9481 or mail to:
8365 Keystone Crossing, Suite 107
Indianapolis, IN 46240.

This information may also submitted on-line at
www.naot.org/onlineceus.html.

NAOT 2007 CONFERENCE SCHEDULE ◦ CHARLOTTE, NC ◦ AUGUST 1-4, 2007

WEDNESDAY, AUGUST 1, 2007

Pre-Conference Workshops

8:00 am – 5:00 pm	Casting and Splinting Skills Workshop	NAOT Instructors
1:00 pm – 5:00 pm	Advanced Casting	Mike Gill, OTC, OT-SC, EMT <i>sponsored by BSN Medical</i>
1:00 pm – 5:00 pm	CPR Certification	Nicole Williams, OTC
6:00 pm – 8:00 pm	Welcome Reception	

THURSDAY, AUGUST 2, 2007

7:45 am – 8:00 am	President's Welcome	Cynthia Henderson, OTC, CO
8:00 am – 8:40 am	Evolution of Fracture Management	James Kellam, MD
8:40 am – 9:20 am	Care and Outcomes Following Severe Lower Extremity Trauma	Michael Bosse, MD
9:20 am – 10:00 am	Pediatric Hip Disorders	Steven Frick, MD
10:00 am – 10:15 am	Break	
10:15 am – 11:00 am	Total Joints: Knee & Hip	David Mauerhan, MD
11:00 am – 11:30 am	New Member Orientation	
11:00 am – 1:30 pm	Exhibit Hall Open/Lunch	<i>Lunch sponsored by Orthopedic Product Sales</i>
1:00 pm – 1:40 pm	Bone Tumors	Jeffrey Kneisl, MD
2:00 pm – 3:30 pm*	Advanced Casting PTB and SLW Foot Plate	Tony Campagna, <i>sponsored by 3M Healthcare</i>
2:00 pm – 3:30 pm*	Application of the Hip Spica	Michael Walton, OTC
2:00 pm – 3:30 pm*	Casting and Bracing for Plantar Fasciitis, Cubital and Carpal Tunnel: A Conservative Approach	Richard DeRosa, <i>sponsored by Corflex</i>
6:00 pm – 8:00 pm	Plaster Bash	<i>Sponsored by BSN Medical</i>

FRIDAY, AUGUST 3, 2007

8:00 am – 8:20 am	2006 Medical Paper of the Year Femoral Fracture Spica Cast: The FRC Technique	David Gallant, OTC, RN
8:20 am – 8:40 am	2007 Medical Paper of the Year The Mitten Cast (AKA "Club Cast")	Andrea Stephens, OTC
8:40 am – 9:10 am	MRSA - Methicillin Resistant Staphylococcus Aureus	Marie Stelmach, RN, CIC
9:10 am – 9:40 am	Dynamic Bracing of ACL Deficient Knees	Gary Bledsoe <i>sponsored by Bledsoe Brace Systems</i>
9:45 am – 10:45 am	General Business Meeting	
10:45 am – 2:00 pm	Exhibit Hall Open/Lunch	
2:00 pm – 3:30 pm *	Assessment of Lower Extremity - Knee	Katherine Bagnato, OTC, ATC
2:00 pm – 3:30 pm *	Computer Assisted Total Knee Sawbones Workshop	David Pittenger, MD <i>sponsored by Plus Orthopedics</i>
2:00 pm – 5:00 pm	Advanced FCT Applications	Mike Gill, OTC, OT-SC, EMT <i>sponsored by BSN Medical</i>
2:00 pm – 3:30 pm *	How to Write an Article for the NAOT Journal	Robyn Masseth, OTC
5:00 pm – 6:00 pm	OTC Exam Study Session/Review	Tom Byrne, OTC, <i>sponsored by Zimmer</i>

SATURDAY, AUGUST 4, 2007

8:00 am – 8:40 am	Wound Management	Jean Goldner, WOCN
8:40 am – 9:20 am	Ankle Fractures in Adolescents	Kenneth Niblack, OTC
9:20 am – 9:40 am	Break	
9:40 am – 10:20 am	Throwing Injuries in the Athlete	Doug Wyland, MD
10:20 am – 11:00 am	Role of Flight Services in Emergency Care	Carla Tweddale, RN
11:00 am – 1:00 pm	Exhibit Hall Open/Lunch	
1:00 pm – 1:40 pm	Treating the Multi-Trauma Patient	Cassandra Carr, PT, MA & Jennifer Danahy, PT, MS Cynthia Henderson, OTC, CO <i>sponsored by OPTEC</i>
2:00 pm – 3:30 pm *	Orthotic Workshop	Mike Gill, OTC, OT-SC, EMT <i>sponsored by BSN Medical</i>
2:00 pm – 3:30 pm *	Advanced Splinting	Christian Marten, OPED, Inc.
2:00 pm – 3:30 pm *	VACOPED: Casting Redefined	
6:00 pm – 7:00 pm	Reception	
7:00 pm – 9:00 pm	Closing Banquet	Anne "Grandma Luge" Abernathy <i>speaker sponsored by 3M Healthcare</i>

*session repeated 3:30 pm - 5:00 pm

VICE PRESIDENT AND SECRETARY NOMINEES

OFFICE OF VICE PRESIDENT



SEAN CONKLE, OTC

Professional Experience: Sean has been an Orthopaedic Technologist with Coordinated Health in Bethlehem, PA since 1996. His responsibilities include:

- Coordinating schedules for orthopaedic surgeons
- Assisting during orthopaedic procedures
- Training of clinical staff
- Evaluation of new orthopaedic products
- Casting, splinting, bracing, and patient histories/evaluations

He received his certification from the National Board for Certification of Orthopaedic Technologists (NBCOT) in 1996. Sean currently serves as the Vice-President of the National Association of Orthopaedic Technologists.

Goals and Objectives: I am honored to once again be nominated for Vice-President, and humbly except this nomination. If re-elected, I promise to continue working with the management, executive board, and membership to help this great association to grow. The past few years we have laid the ground work for many exciting projects, and I would enjoy seeing these through.

OFFICE OF SECRETARY



KATHERINE BAGNATO, OTC, ATC

Professional Experience: Katherine Bagnato, OTC, ATC, has over 18 years of experience in the medical profession as a Certified Orthopaedic Technologist (OTC-2002), a Certified Ergonomic Assessment Specialist (CEAS - 2006) and a Certified Athletic Trainer (ATC - 1993). She is a graduate of St. Joseph's University in psychology and is completing the masters program at Temple University in athletic training/sports medicine.

Katherine has served as an athletic trainer for many of professional sports teams and also at the 1996 Olympic Games in Atlanta. She is the current President of the Tri-State Association of Orthopaedic Technologists and the NAOT Athletic Training Liaison for the NATA. She has published five articles relating to orthopaedic injuries in NAOT publications.

Goal and Objectives: As an executive committee member for NAOT, I will continue my effort in promoting the Orthopaedic Technology Profession. I feel a strong push both in local and national setting will allow for visibility of the OTC. I will continue to be involved with the NATA in efforts to increase our membership and promote multidisciplinary credentialing of allied health professionals working in orthopaedics. During my term as secretary, I will strive to improve the communication amongst our state and regional associations, including working with the members of the executive committee to cross-market our credential to other professions. I am eager to continue involvement with licensure and accreditation programs across the county. Working with our NAOT members to improve quality and working environments is important to continue the growth of certified orthopaedic technologists.

OFFICE OF SECRETARY



SUE TURCOTTE, OTC, RTR

Professional Experience: Susan Turcotte has been an OTC for 12 years and an x-ray tech for 27 years. She has worked for a group of eleven orthopedic surgeons and five physician assistants in New Hampshire. For the past four years, she has been responsible for in house training. Sue worked with all new PAs, nurses, and MAs and also kept all current staff up to date on new techniques and products.

Goals and Objectives: I am asking for your support again as I run for re-election as NAOT Secretary. I have been Secretary for 2 years now and I have been President, VP, and Secretary of NESOT for 9 years prior to that. I am committed to make NAOT the best professional Orthopaedic Tech Association that there is. I would like to continue to increase membership by offering members and potential members my services and to promise to continue to improve our association by meeting our member's needs and getting the word out that we are there for all of you. I would like to thank you all for your support and trust as I would like to continue to help NAOT grow in strength and numbers

TO CAST YOUR BALLOT, PLEASE VISIT: www.naot.org/elections.html

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UPCOMING EVENTS

CASTING & SPLINTING SKILLS WORKSHOPS

SOUTHEAST

August 1, 2007
Charlotte Convention Center
Charlotte, NC

***At NAOT's 25th Annual Clinical Symposium ***

Southeast program sponsored by



EAST

October 20-21, 2007
Sheraton Cleveland Airport Hotel
Cleveland, OH

East program sponsored by



ANNUAL CLINICAL SYMPOSIUMS

25th Annual Clinical Symposium

August 1-4, 2007
Hilton Charlotte City Center &
Charlotte Convention Center
Charlotte, NC

26th Annual Clinical Symposium

(joint meeting with the American Society of Orthopaedic Physician's Assistants)
June 27-30, 2008
Hilton Minneapolis
Minneapolis, MN

27th Annual Clinical Symposium

(joint meeting with the American Society of Orthopaedic Physician's Assistants)
August 5-8, 2009
Marriott Hotel & Cook Convention Center
Memphis, TN

